



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01022, Cheese, gouda

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	41.46	--	0.374	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	356	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1491	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	24.94	--	0.193	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	27.44	--	0.564	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	3.94	--	0.124	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	2.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	2.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	700	--	29.984	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	29	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	546	--	21.530	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	121	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	819	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	3.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.334	--	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.063	--	0.015	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.340	--	0.052	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.080	--	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	21	--	2.594	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	21	--	2.594	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	1.54	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	165	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	164	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	563	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.24	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	20	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	2.3	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Lipids													
Fatty acids, total saturated	g	17.614	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.999	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.640	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.427	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.918	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	1.211	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	3.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	6.851	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	2.918	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	7.747	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.889	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	6.388	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.657	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.263	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.394	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.352	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	0.930	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	1.306	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	2.564	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	2.654	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.719	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.254	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	1.431	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	1.454	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	1.806	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.962	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	1.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.762	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	1.743	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	6.137	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.485	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	3.245	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	1.544	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003